



Enrichment Center Caregiver Calendar

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 10am: Caring Connection Support Group	3 1pm: Caregiver Time Out	4 10am: Diabetes Support	5 1pm: Dementia Caregiver Support	6
9 6:00 pm: Getting Things In Order: Funeral Planning Seminar 6:30pm: MS Support Group	10 1pm: Caregiver Time Out 1pm: Low Vision Support Group	11	12 1pm: Grief Support Group 1pm: Stroke Support Group 3pm: Powerful Tools For Caregivers	13 9am: Health & Wellness Day
16	17 1pm: Caregiver Time Out	18 10:30am: Parkinson's Disease Support Group	19 1pm: Dementia Caregiver Support 3pm: Powerful Tools For Caregivers	20 9am: Tech 9-1-1 (Sign Up For A Time Slot)
23	24 1pm: Caregiver Time Out	25 6pm: Tablet & Phone Class	26 10am: Grandparents Raising Grandkids Support/Grandparents Free Seminar w/ NCBAM 3pm: Powerful Tools For Caregivers	27
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Signups for all programs are strongly encouraged in case of cancelation. You can RSVP at (919) 776-0501 ext. 2201.

Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.